

PE Teachers Guide to Extreme Health Challenge Materials

Thank you for taking part in the Missouri Team Nutrition *Extreme Health Challenge* (EHC). This guide will help you understand how to implement the EHC in your school. The downloadable materials at <http://www.dhss.mo.gov/TeamNutrition> are numbered and referred to by number in this guide. If you are coordinating the EHC for your school, please download the materials “For EHC School Coordinator”. This includes the materials “For PE Teachers” and more.

As the PE teacher, your main role in the EHC in most schools is to be supportive of the participating classrooms.

13. Katy Trail Challenge Instructions – gives specific instructions on how to do the physical activity challenge. Feel free to modify to meet the needs of your students, but remember to challenge them!

Pedometers – 2 per classroom are delivered to your school’s EHC Coordinator after enrolling. The Walk4Life pedometers have a 2 year warranty. If you have any trouble with them, please notify your EHC Coordinator.

14. How to Use Pedometer. Even if pedometers are kept and handed out by classroom teachers, they may want you to instruct students on how to use them.

15. Class Activity Record – is a tool to help keep track of students’ activity until it is marked on the Class Katy Trail Map. This is especially helpful if the class map is kept in the gym and only marked on PE days.

Katy Trail Map Poster– is delivered to your EHC Coordinator after enrollment. Use this to track progress toward class goal. There should be a separate map for each classroom. Many schools like to post each classroom’s poster in the gym where students can compare their progress with other classes.

16. MyActivity Pyramid – is an informational handout for students. If University of Missouri Extension teaches nutrition in your school, they will give this to the students.

17. MyActivity Log – is also handed out by MU Extension. This can be used with or without pedometers to have every student keep track of their minutes of physical activity. This log is optional.

18. Classroom Activity Breaks – gives reasons and resources for physical activity in the classroom every day. This helps to meet classroom’s goal on the Katy Trail Challenge. As PE teacher, this is a good opportunity to promote physical activity to classroom teachers. If your schedule allows, you could show teachers some simple classroom

activities. Most of the teachers who have used activity breaks in the EHC noticed better student behavior after the breaks.

19. Playground Activity – Remind students to be active during recess to help meet Katy Trail Challenge goal. You might suggest some playground games to get them moving more.

21 & 22. Calculating Stride Length & Convert Steps to Miles – are lesson plans to teach students how to use the pedometer to accurately figure how far they have traveled. This also gives them practice with their math skills. These lessons are optional. Instead, you can count 2,400 or 2,500 steps as 1 mile and use that for everyone.

32. Resources – Use as a reference for online information.

Others involved in EHC in your school:

Classroom teachers generally

- Explain the challenge to students
- Maintain the posters
- Pass out pedometers
- Conduct classroom activity breaks
- Teach lessons

They may ask you to do some of these tasks.

The cafeteria staff is encouraged to support the *Extreme Health Challenge* by:

- Using a sign to list “Today’s Fruits & Veggies” choices
- Using posters to promote fruits and vegetables
- Taking both challenges themselves and posting their charts in the cafeteria to show support for the students.
- Preparing some different fruit and vegetable choices and talking to the children about eating more fruits and veggies.

Parents are an important role model and research has shown that children want them to model healthy behaviors. Your school’s PTA or PTO may work with MU Extension to offer a Fruit & Vegetable Extravaganza for families.

The EHC School Coordinator could be anyone. Often it is the school nurse. This person enrolls your school, makes sure all classes have the materials and are doing the Challenge, reports your results to Missouri Team Nutrition, and distributes the incentives.

The University of Missouri Extension Nutrition Program Assistant is the person who may teach the Show Me Nutrition curriculum to the students. This person is very knowledgeable about the EHC, and may provide some assistance to the school coordinator.